

WHAT IS CLAIMED IS:

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1. A method comprising the steps of:
- (a) providing a first optical fiber having dispersion;
 - (b) supplying an optical signal to said first optical fiber so that said optical signal is compressed on the time axis as propagating in said first optical fiber; and
 - (c) supplying a compressed optical signal output from said first optical fiber to an optical device having a saturated gain.
2. A method according to claim 1, further comprising the step of supplying an optical signal output from said optical device to a second optical fiber.
3. A method according to claim 1, further comprising the steps of:
- providing at least one optical amplifier along said first optical fiber; and
 - adjusting the peak power of said compressed optical signal so that the peak power becomes higher than a threshold power giving said saturated gain.
4. A method according to claim 1, wherein:
- the dispersion of said first optical fiber is normal dispersion; and

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CONT.

Variable	Mean	Standard deviation	Minimum	Maximum
Age	34.5	10.5	20	55
Gender	0.5	0.5	0	1
Marital status	0.5	0.5	0	1
Education	12.5	1.5	10	15
Income	15.5	5.5	10	25
Health status	0.5	0.5	0	1
Smoking status	0.5	0.5	0	1
Alcohol consumption	0.5	0.5	0	1
Exercise frequency	0.5	0.5	0	1
Stress level	0.5	0.5	0	1
Sleep quality	0.5	0.5	0	1
Work satisfaction	0.5	0.5	0	1
Life satisfaction	0.5	0.5	0	1
Overall health	0.5	0.5	0	1

Variable	Mean	Standard deviation	Minimum	Maximum
Age	34.5	10.5	20	55
Gender	0.5	0.5	0	1
Marital status	0.5	0.5	0	1
Education	12.5	1.5	10	15
Income	15.5	5.5	10	25
Health status	0.5	0.5	0	1
Smoking status	0.5	0.5	0	1
Alcohol consumption	0.5	0.5	0	1
Exercise frequency	0.5	0.5	0	1
Stress level	0.5	0.5	0	1
Sleep quality	0.5	0.5	0	1
Work satisfaction	0.5	0.5	0	1
Life satisfaction	0.5	0.5	0	1
Overall health	0.5	0.5	0	1

Variable	Mean	Standard deviation	Minimum	Maximum
Age	34.5	10.5	20	55
Gender	0.5	0.5	0	1
Marital status	0.5	0.5	0	1
Education	12.5	1.5	10	15
Income	15.5	5.5	10	25
Health status	0.5	0.5	0	1
Smoking status	0.5	0.5	0	1
Alcohol consumption	0.5	0.5	0	1
Exercise frequency	0.5	0.5	0	1
Stress level	0.5	0.5	0	1
Sleep quality	0.5	0.5	0	1
Work satisfaction	0.5	0.5	0	1
Life satisfaction	0.5	0.5	0	1
Overall health	0.5	0.5	0	1

Variable	Mean	Standard deviation	Minimum	Maximum
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Education	12.5	1.5	10	15
Income	15.5	5.5	10	25
Health status	0.5	0.5	0	1
Smoking status	0.5	0.5	0	1
Alcohol consumption	0.5	0.5	0	1
Exercise frequency	0.5	0.5	0	1
Stress level	0.5	0.5	0	1
Sleep quality	0.5	0.5	0	1
Work satisfaction	0.5	0.5	0	1
Life satisfaction	0.5	0.5	0	1
Overall health	0.5	0.5	0	1

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~~20. A system according to claim 1, wherein the optical device further comprises a light source for applying assist light having a wavelength different from said first wavelength.~~

21. A system according to claim 15, further

the peak power of said compressed optical signal

22. A system according to claim 15, wherein:

said first optical fiber has normal dispersion; and

said optical transmitter includes means for

23. A system according to claim 15, wherein:

